

BICYCLE SAFETY BEGINS WITH THE PROPER FIT

Summer's here and everyone is outside! But while enjoying the summer weather, do they know how to stay safe? Here are some safety messages on bicycle safety, including the importance of a proper fit for both bicycles and bike helmets. Reproduce the camera-ready tip sheet below for use in

newspapers, magazines, employee publications, payroll stuffers, PTA newsletters and other consumer literature.

For more information or to order additional bicycle safety materials, see *Program Publications for Planner 22*.

Bicycle Safety Begins with the Proper Fit



Fact: In 1998, 761 bicyclists were killed and an additional 53,000 were injured in traffic crashes.

Be alert and share the road!

- Remember that motor vehicle drivers may not see bicyclists as readily as automobiles.
- Bike safely. Stay alert at all times.
- Dress to be seen – wear light colors during the day and reflective and retro-reflective materials at night. Use a bike light at night.
- Remember that a helmet is your most important piece of safety equipment.
- Know and obey the rules of the road.

Fact: Children under age 16 accounted for 30 percent of all bicyclists killed and 44 percent of those injured in traffic crashes in 1998.

Make sure your children are safe on their bicycles!

- Buy a helmet that fits your child now, not one to “grow into.”
- Teach your children the rules of the road.

- Make sure their bicycle is the right size – legs should extend fully when pedaling but children should also be able to sit on the seat while at a standstill and rest both feet on the ground comfortably.
- Dress them in light colors so they can be seen and don't let them ride at night.

Fact: A bicycle helmet reduces the risk of serious head and brain injury by 85-88 percent.

Make sure your bike helmet fits properly and wear it every time you ride!

- Buy a helmet that has been tested and meets Consumer Product Safety Commission standards.
- Your helmet should be comfortable and secure. Make sure your helmet fits well. Wear it flat and level on your head (not tilted). If your helmet fits properly and securely, you should not be able to move it in any direction.
- Use the adjustable straps and pads to get a good fit.
- Replace any helmet that has been in a crash.



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